

ABSTRACT

Compositions, optionally heat-activated, methods and kits for protecting keratinous fibers from extrinsic damage or repairing keratinous fibers damaged by extrinsic conditions by applying to keratinous fibers a composition comprising at least one compound chosen from C₃ to C₅ monosaccharides substituted with at least one C₁ to C₂₂ carbon chain, and heating the keratinous fibers.